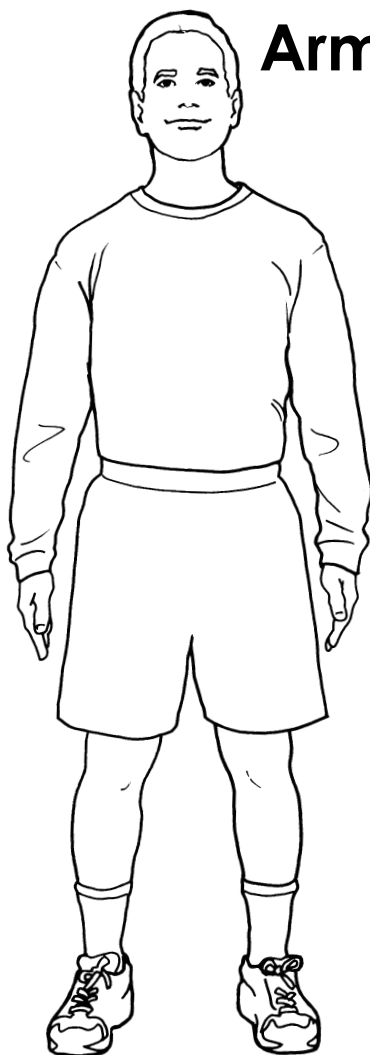


# Strength Training

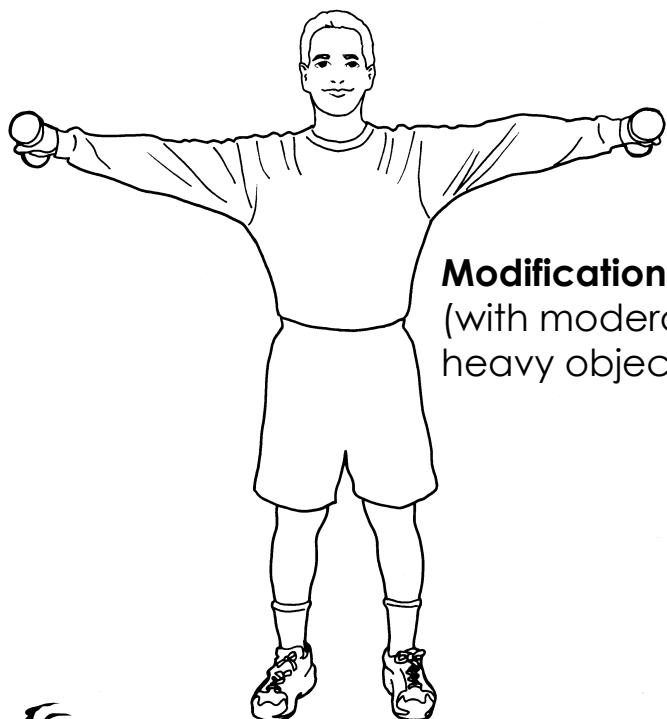
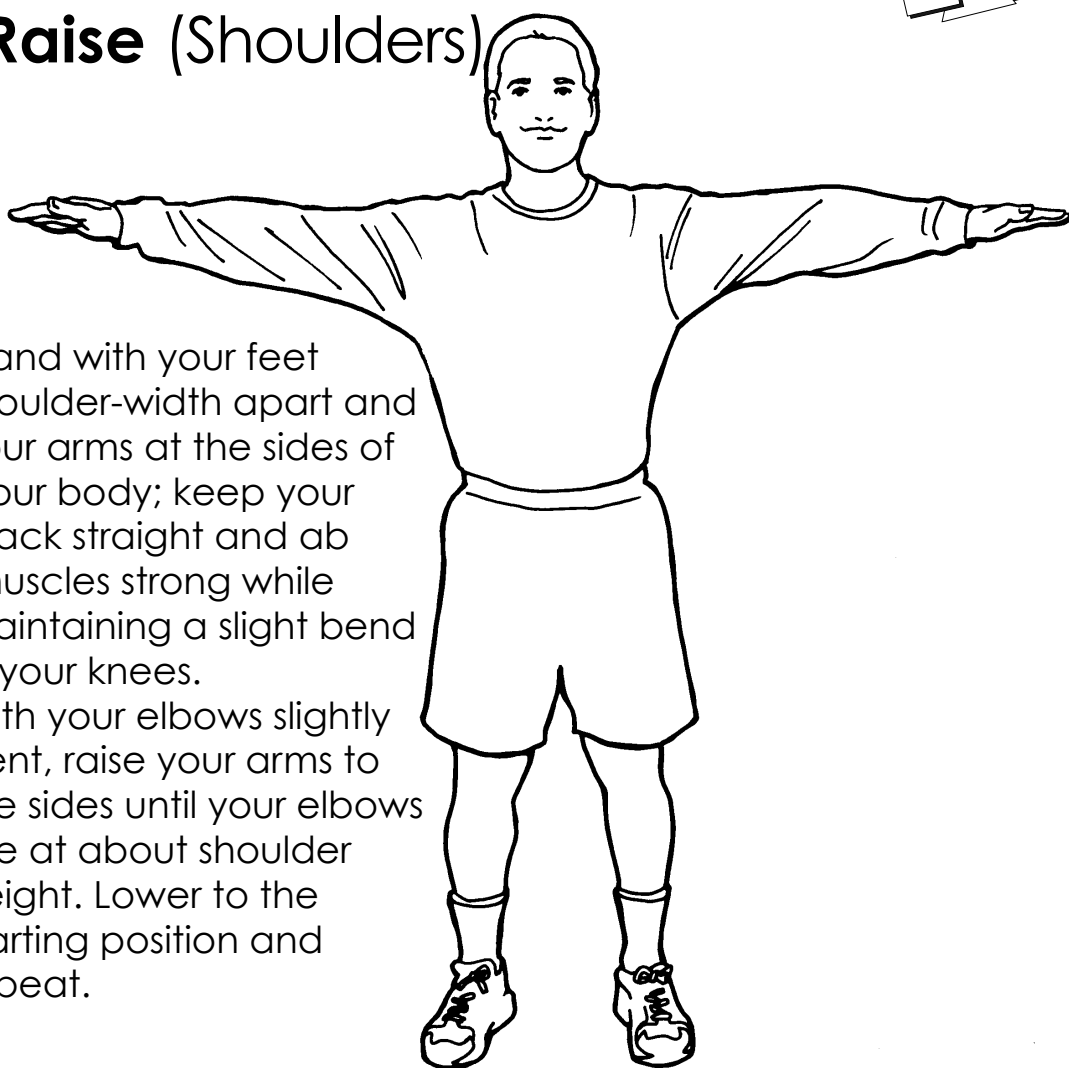


## Arm Raise (Shoulders)

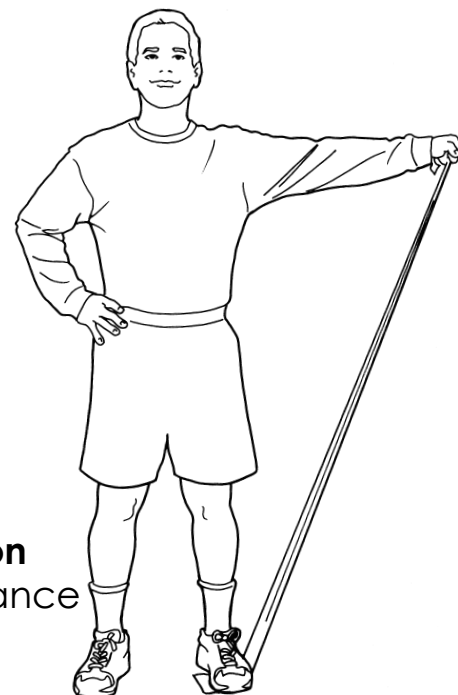


Stand with your feet shoulder-width apart and your arms at the sides of your body; keep your back straight and ab muscles strong while maintaining a slight bend in your knees.

With your elbows slightly bent, raise your arms to the sides until your elbows are at about shoulder height. Lower to the starting position and repeat.



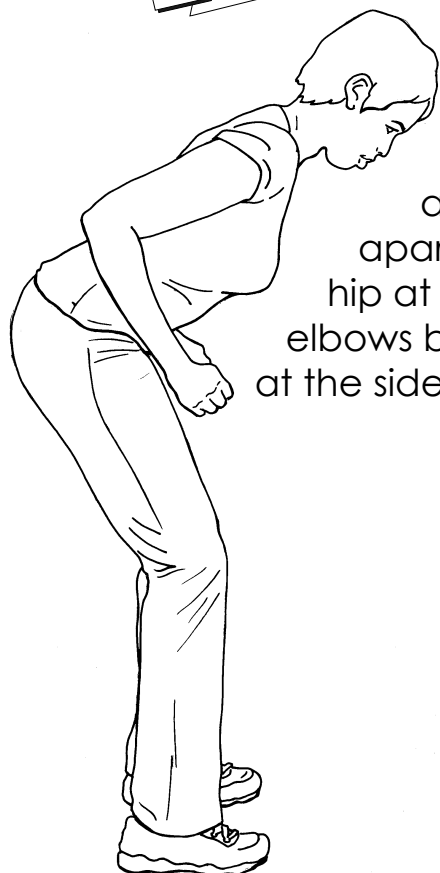
**Modification**  
(with moderately heavy objects)



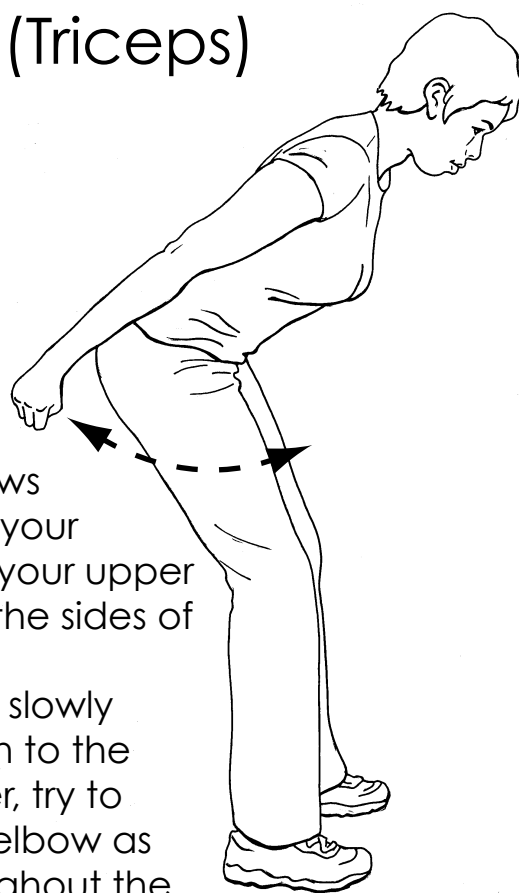
**Modification**  
(with resistance bands)

# Strength Training

## Arm Extension (Triceps)

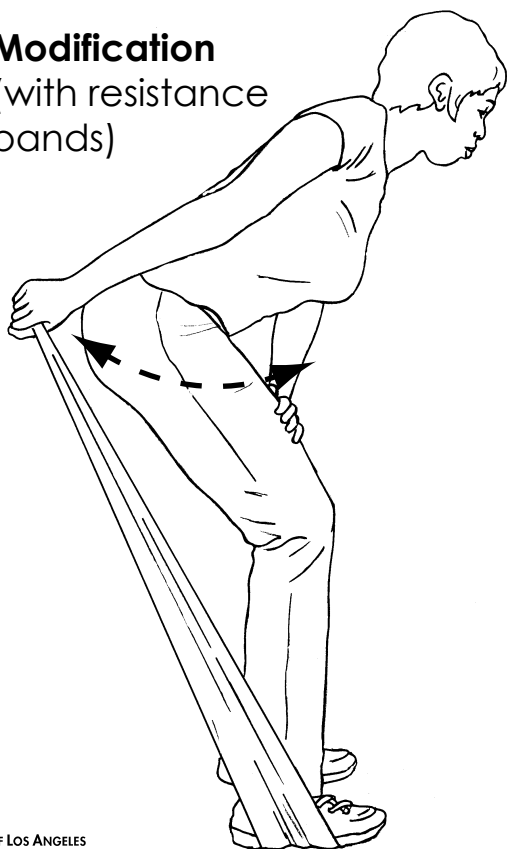


**1** - Stand with your feet about shoulder-width apart. Bend slightly at the hip at a 45° angle, with your elbows bent at a 90° angle at the sides of your body.

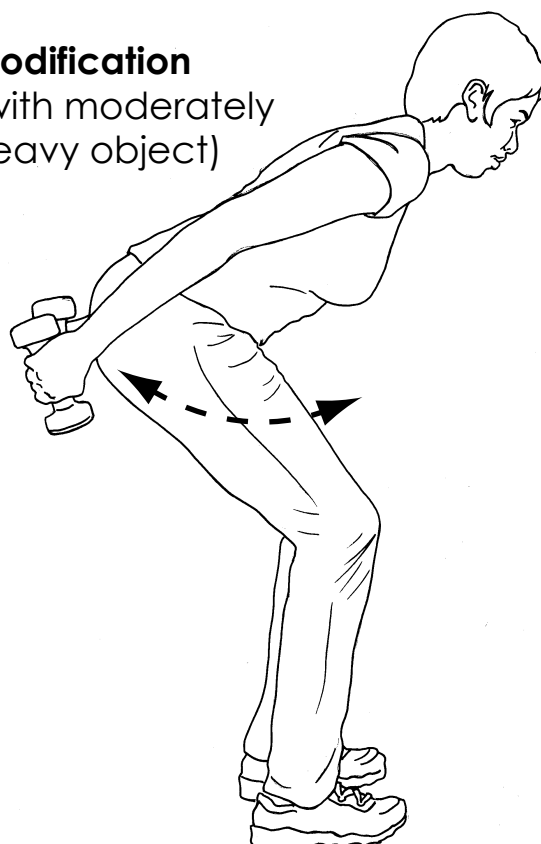


**2** - Slowly extend your elbows out behind you, squeezing your triceps muscle. Try to keep your upper arms and elbows close by the sides of your body at all times. Pause at the top, and then slowly lower your arms back down to the starting position. Remember, try to keep your upper arm and elbow as stationary as possible throughout the entire exercise.

### Modification (with resistance bands)



### Modification (with moderately heavy object)

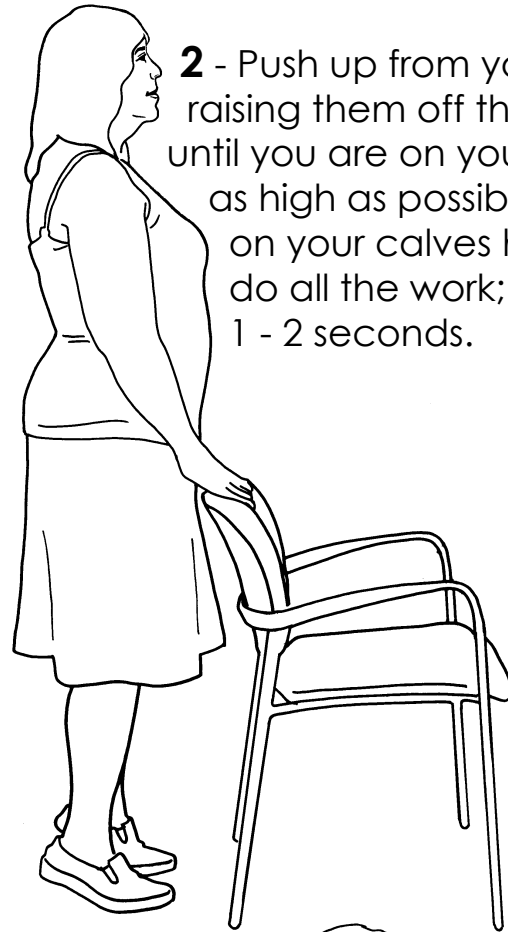


# Strength Training

## Calf Raise (Legs)



**1** - Stand on a flat surface with your feet shoulder-width apart and hands at your sides or supported by a stable object; keep your back straight, with your feet flat on the floor and your ab muscles tight at all times.



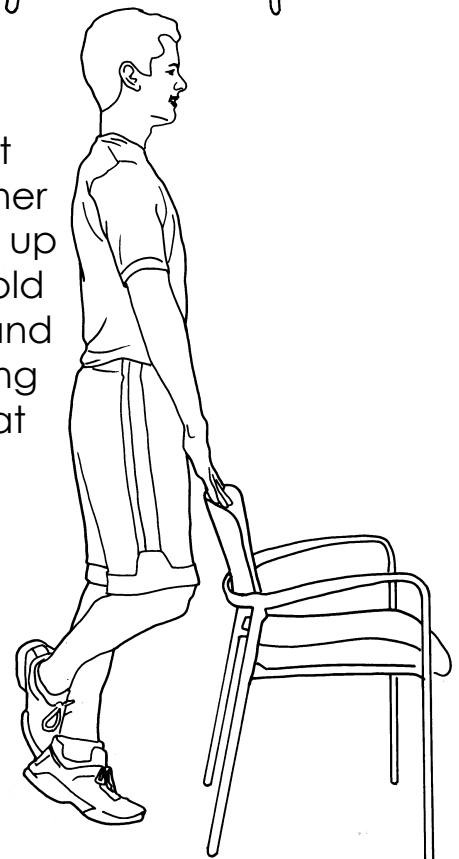
**2** - Push up from your heels, raising them off the floor until you are on your tip toes as high as possible; focus on your calves having to do all the work; hold for 1 - 2 seconds.

**3** - Then, slowly come back down to the starting position and lift your toes up toward your shins, hold for 1 - 2 seconds and slowly return to starting position. Do not bounce or rock during this exercise.



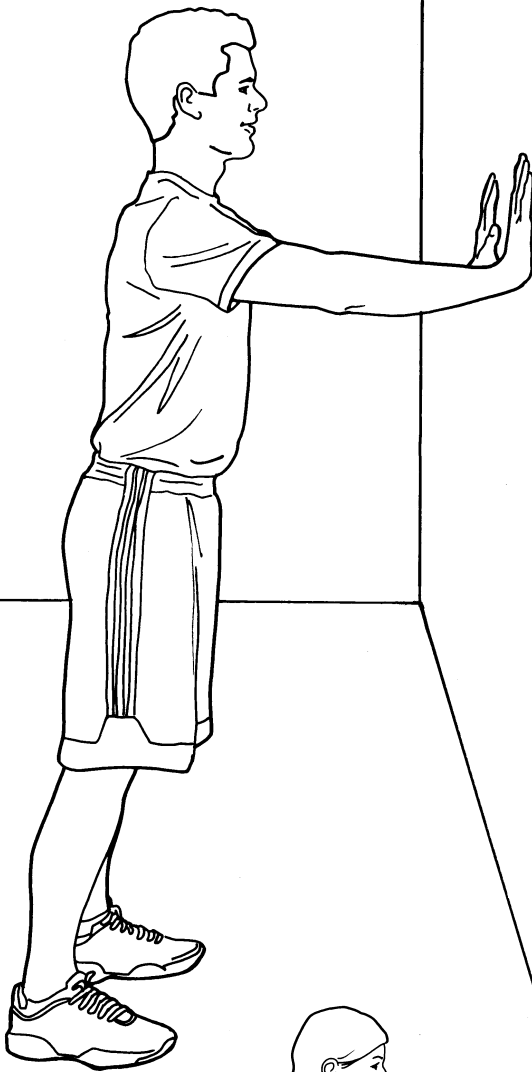
### Modification

Place one foot behind the other heel and raise up on one toe; hold momentarily and return to starting position; repeat with opposite foot.

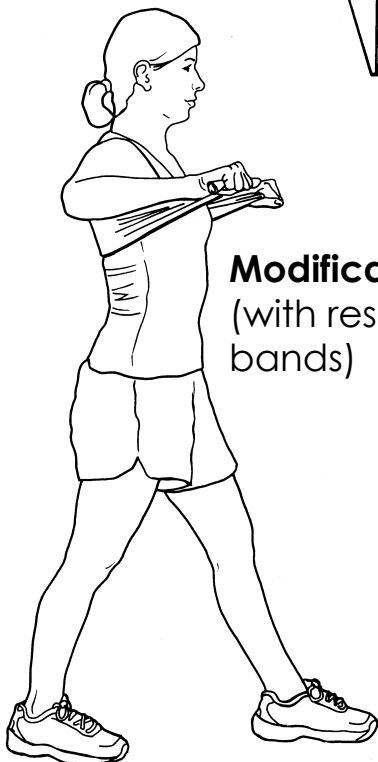
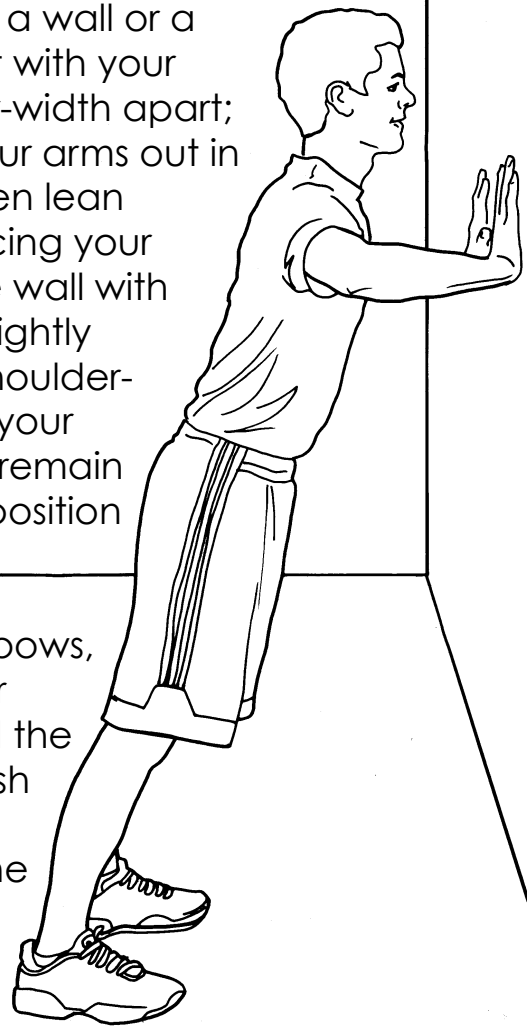


# Strength Training

## Chest Press (Chest)

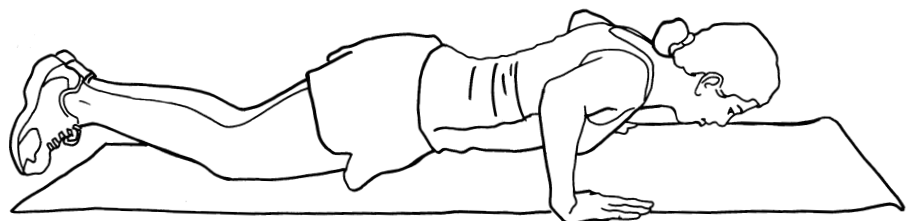


Stand facing a wall or a stable object with your feet shoulder-width apart; straighten your arms out in front, and then lean forward, placing your hands on the wall with your hands slightly wider than shoulder-width apart; your body should remain in a straight position throughout the exercise. Bend your elbows, lowering your chest toward the wall; now push your body away from the wall by straightening your elbows and return to the starting position. Do not 'lock' your elbows.



**Modification**  
(with resistance bands)

**Modification**  
(using your body as resistance)

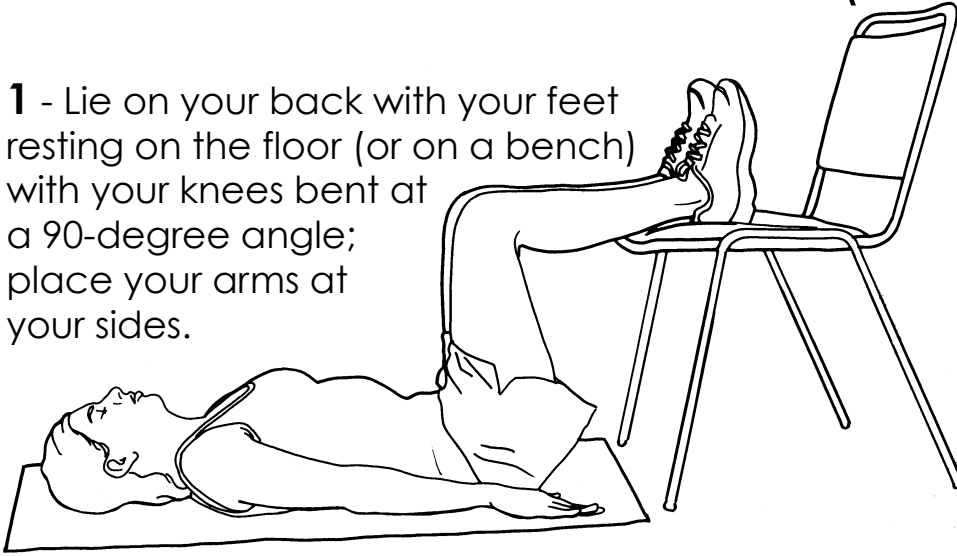




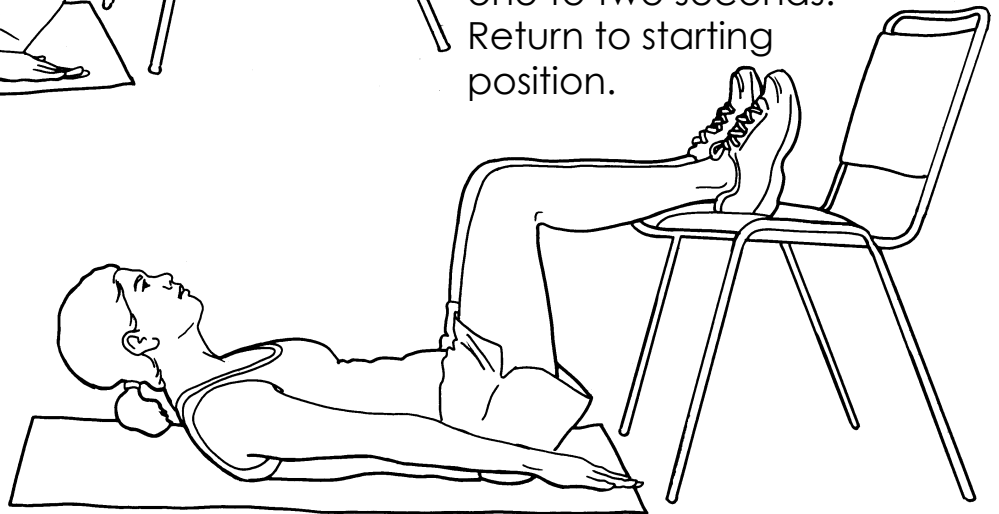
# Strength Training

## Crunches (Abs)

**1** - Lie on your back with your feet resting on the floor (or on a bench) with your knees bent at a 90-degree angle; place your arms at your sides.

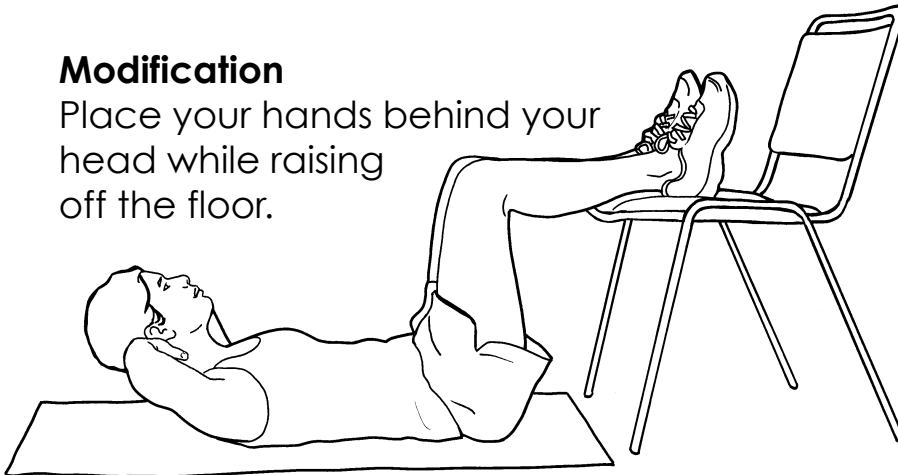


**2** - Tighten your abdominals and push your lower back down into the floor; Slowly lift your shoulders off the floor about four inches, keeping your lower back pressed against the floor; Hold for one to two seconds. Return to starting position.



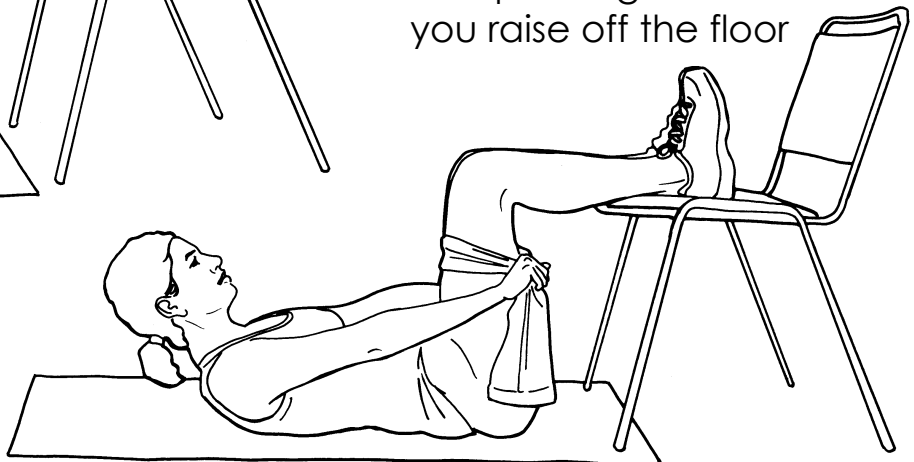
### Modification

Place your hands behind your head while raising off the floor.



### Modification

Keeping your arms straight, place a resistance band across the front of your legs and push against band as you raise off the floor

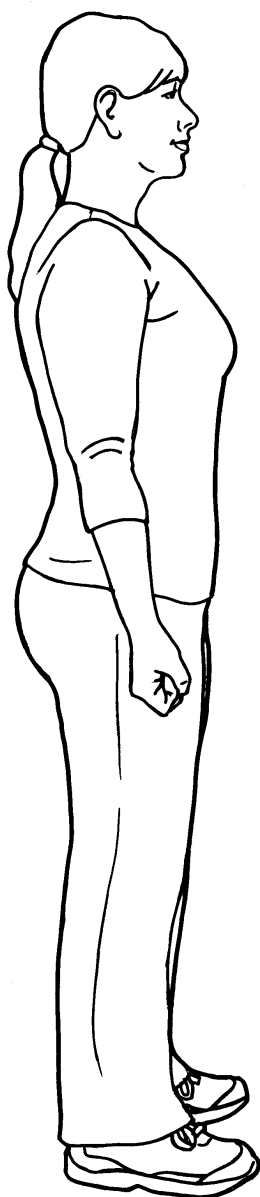


# Strength Training

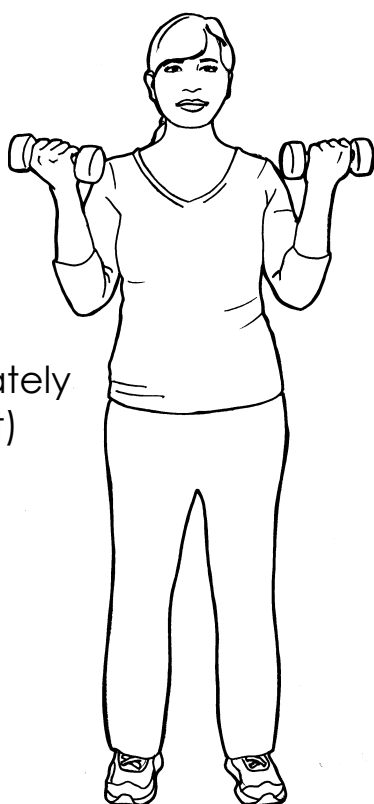


## Arm Curls (Biceps)

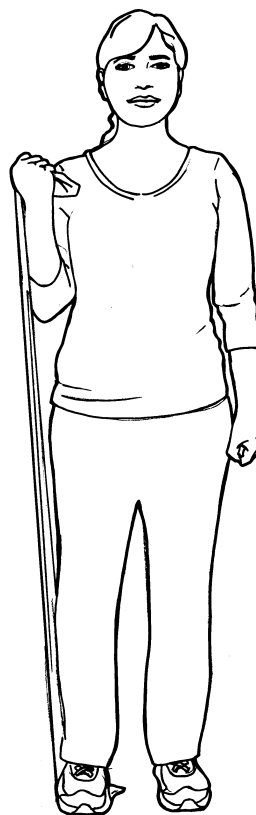
Stand with your feet shoulder width apart, arms at your sides, palms facing forward. Keep your back straight and your ab muscles tight. Squeeze your biceps by bending your elbows, bringing your hands up toward your chest. Be sure to keep your elbows tucked into the sides of your body throughout the entire motion. Pause at the top of the movement squeezing your biceps, and then slowly lower your hands back to the starting position; repeat 10 times.



**Modification**  
(with moderately heavy object)



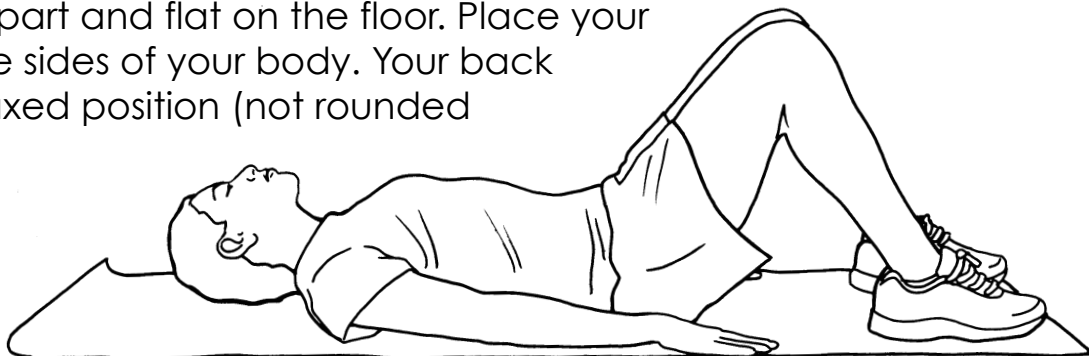
**Modification**  
(with resistance bands)



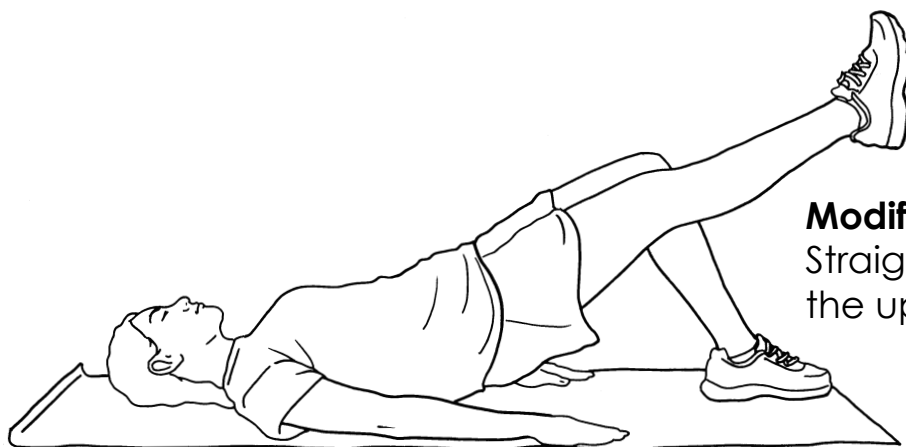
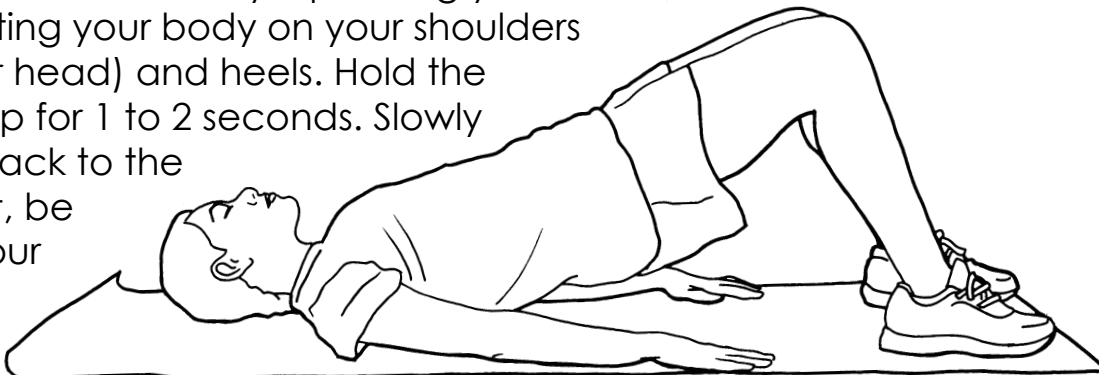
# Strength Training

## Hip Lift (Abs/Back)

**1** - Lie on your back with your knees comfortably bent. Your feet should be about hip-width apart and flat on the floor. Place your hands down to the sides of your body. Your back should be in a relaxed position (not rounded or arched).



**2** - Lift your hips off the floor by squeezing your buttocks, supporting your body on your shoulders (not your neck or head) and heels. Hold the position at the top for 1 to 2 seconds. Slowly lower your hips back to the floor. On each lift, be sure to tighten your pelvis and buttocks.

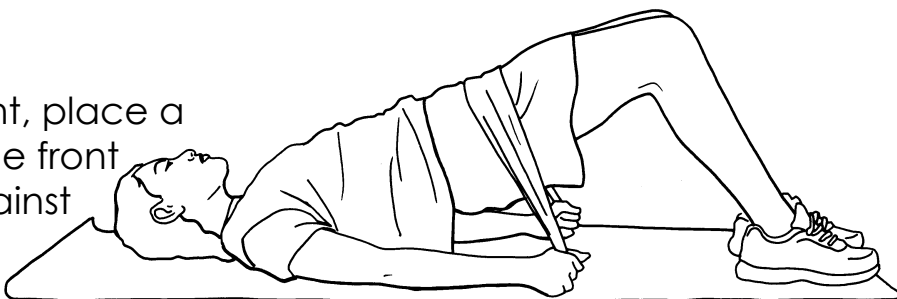


### Modification

Straighten out one leg while in the up position.

### Modification

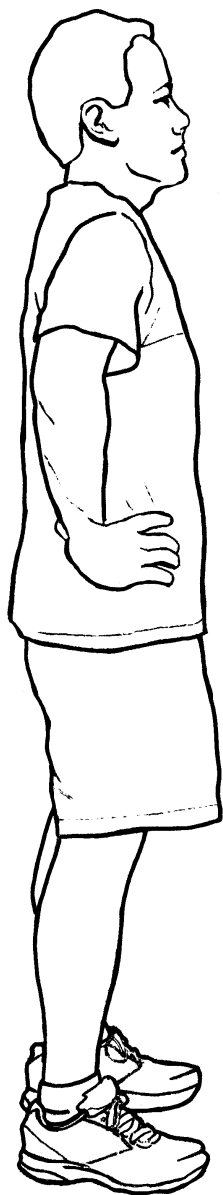
Keeping your arms straight, place a resistance band across the front of your legs and push against the band as you raise off the floor.



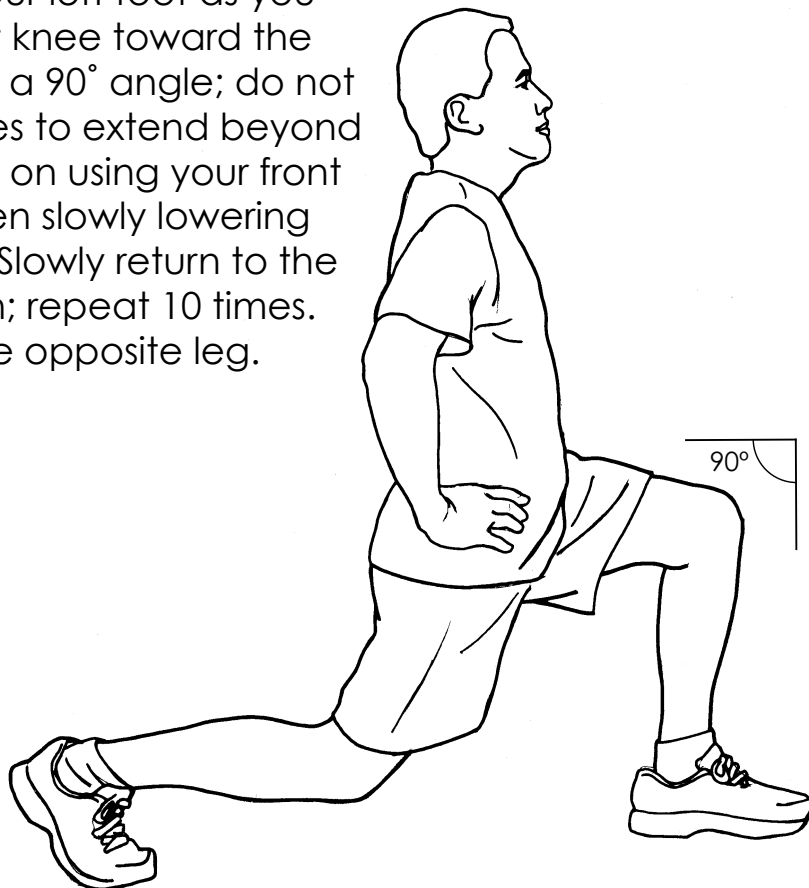
# Strength Training



## Lunges (Legs)

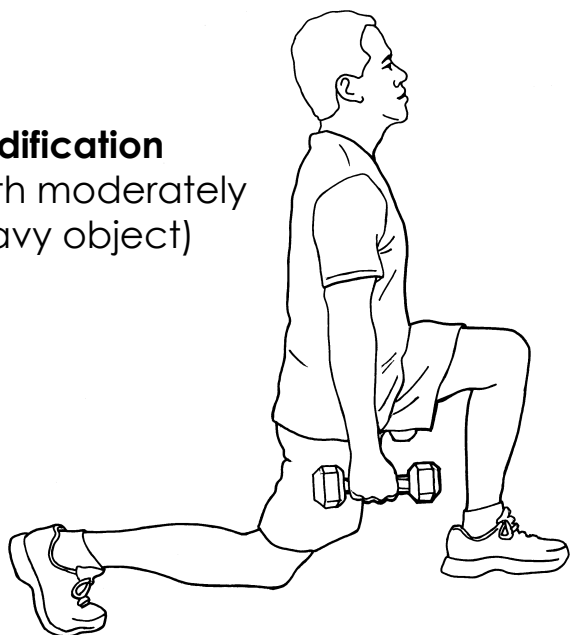


Stand with your feet shoulder-width apart; place your hands on your hips or hold on to a stable object to help maintain balance; take one long step forward with your left foot as you lower your right knee toward the floor until it is at a 90° angle; do not allow your knees to extend beyond your toe. Focus on using your front leg muscle when slowly lowering yourself down. Slowly return to the starting position; repeat 10 times. Repeat with the opposite leg.



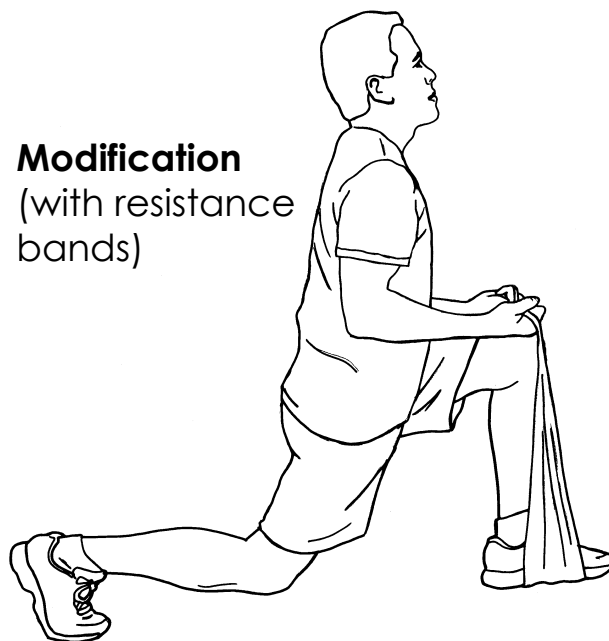
### Modification

(with moderately heavy object)



### Modification

(with resistance bands)

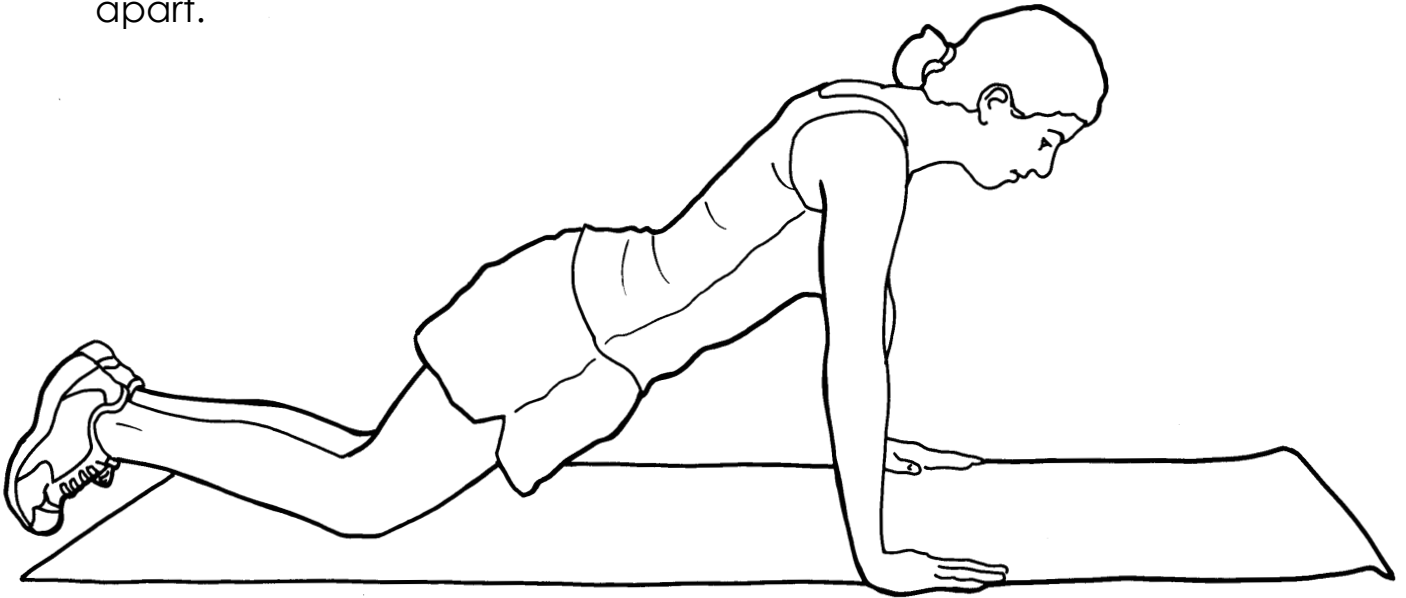




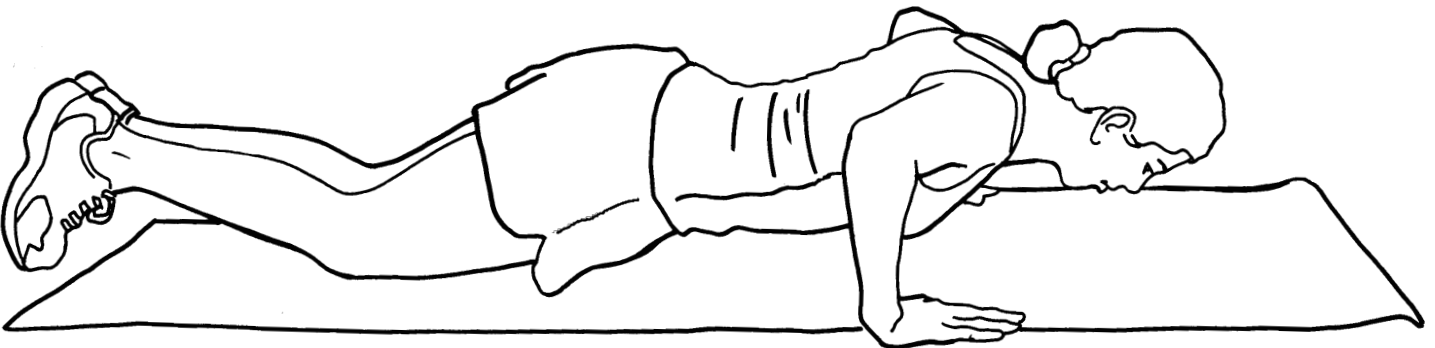
# Strength Training

## Modified Push Ups (Chest)

**1** - Position yourself with your knees on the floor, your back straight, and your arms greater than shoulder-width apart.



**2** - Lower your chest toward the floor until your elbows form a 90° angle; slowly return to the starting position. Repeat 10 times

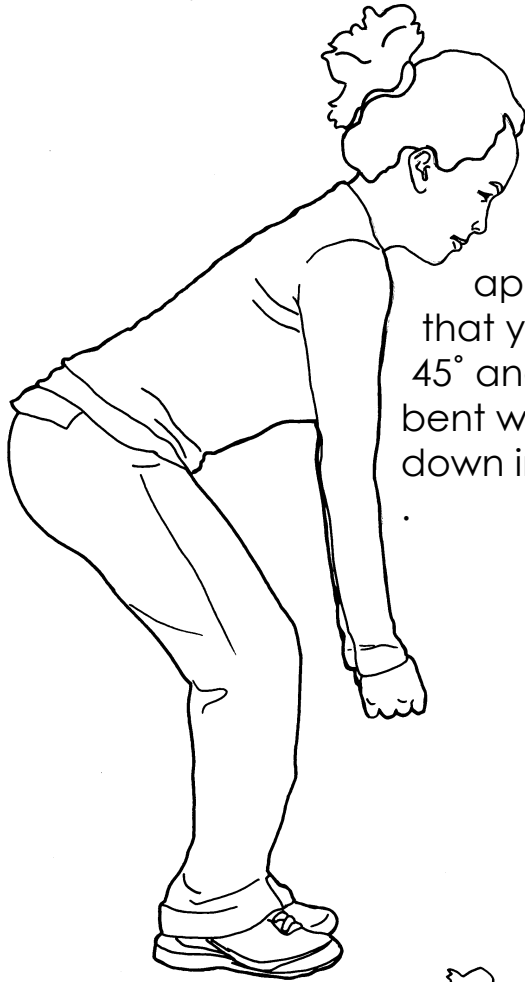


### Modification

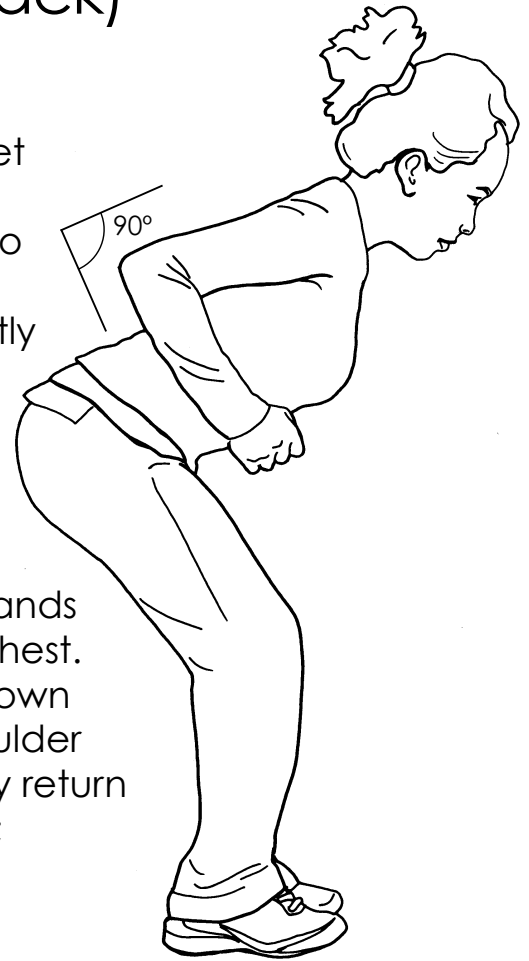
Perform the exercise on your toes instead of your knees.

# Strength Training

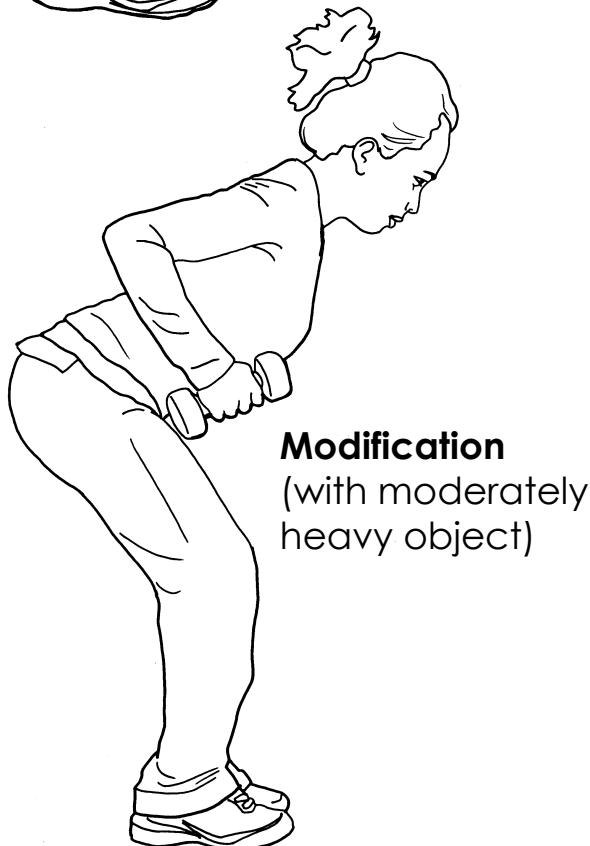
## Row (Upper Back)



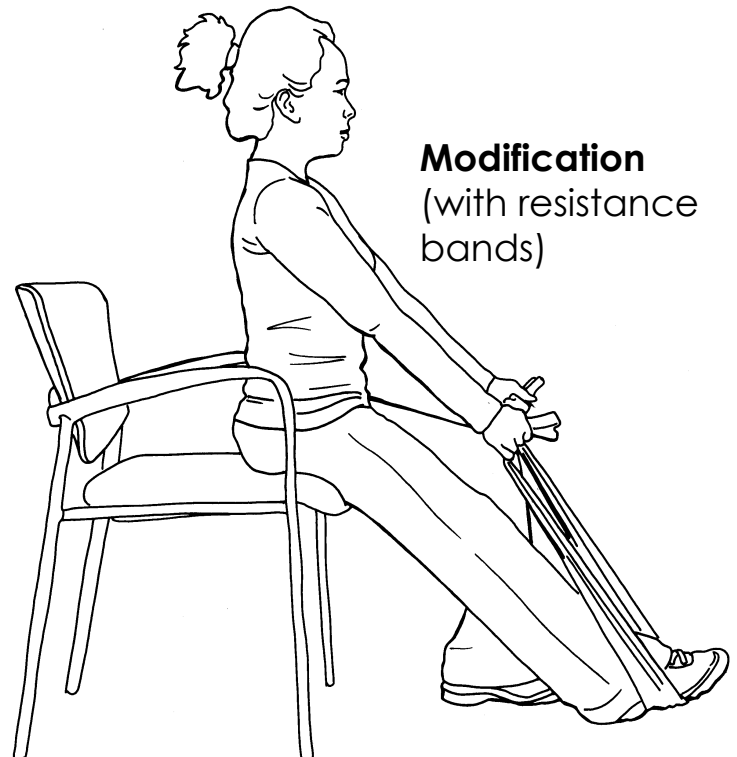
**1** - Stand with your feet about shoulder-width apart, bending at the hip so that your body is at about a 45° angle. Keep your legs slightly bent with your arms hanging down in front of your body.



**2** - Bend your elbows to form a 90-degree angle, bringing your hands into the sides of your chest. Keep your shoulders down and squeeze your shoulder blades together. Slowly return to the starting position; perform 10 repetitions.



**Modification**  
(with moderately heavy object)

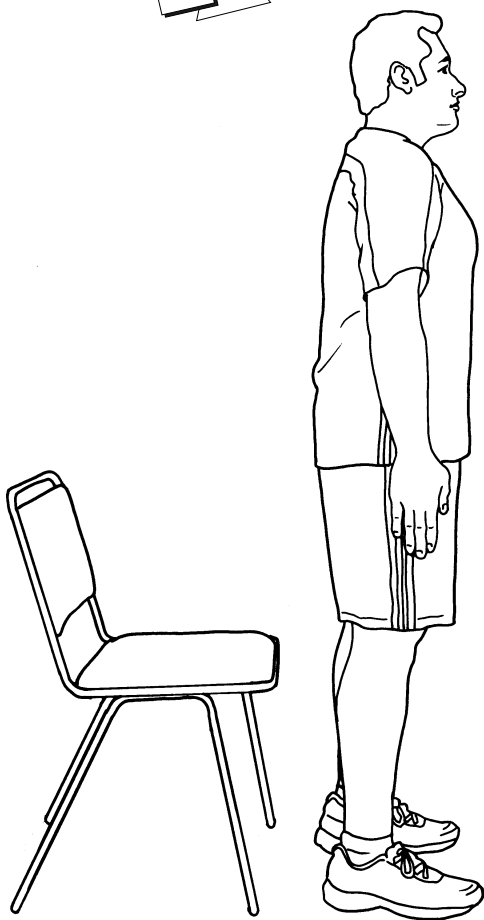


**Modification**  
(with resistance bands)

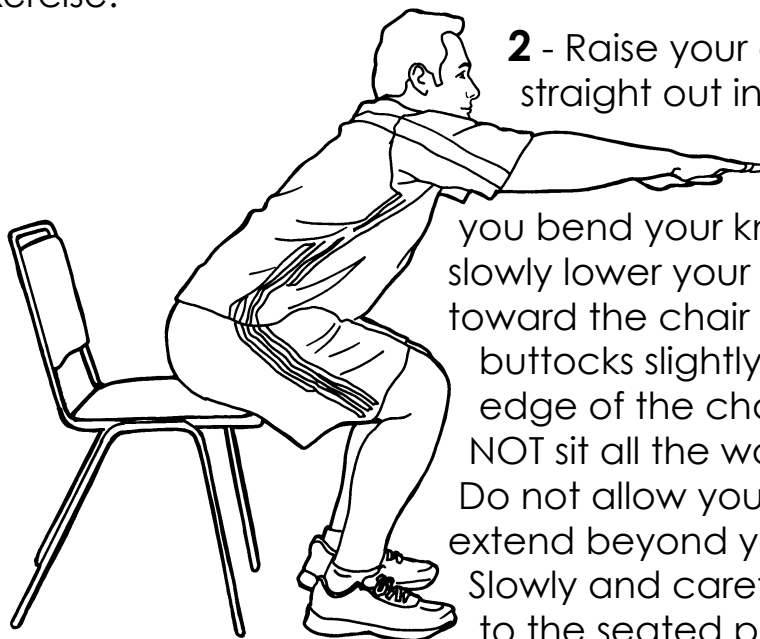
# Strength Training

## Chair Squat (Legs)

**1** - Stand in front of a chair, with your feet flat on the floor, about shoulder-width apart and your arms by your sides. Keep your ab muscles tight throughout the entire exercise.



**2** - Raise your arms straight out in front as



you bend your knees and slowly lower your hips down toward the chair until your buttocks slightly touch the edge of the chair. **DO NOT** sit all the way down. Do not allow your knees to extend beyond your toes. Slowly and carefully return to the seated position. Repeat 10 times.

**Modification**  
(with resistance bands)



**Modification**  
(with moderately heavy object)

